FLEURY SPEAKS OUT IN REVEALING BOOK, PG13

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see details on PAGE 16

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News on the Move

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Relating pg 10

Exploring the date movie

Eradicating Poverty

To mark the United Nations' International Day for the Eradication of Poverty this Monday, Metro Canada is taking a look at how Canadians are fighting poverty and making ends meet.

- Today

We introduce you to a local resident who is living in poverty because of the recession, page 3.

- Tomorrow

Metro looks at how local agencies are trying to help those who are living below — and above — the poverty line.

- Online

Metro Canada wants to hear your ideas on how we can eradicate poverty and learn about how the issue is affecting your community. Go to metronews.ca to share your views, tell your story, or upload a picture.

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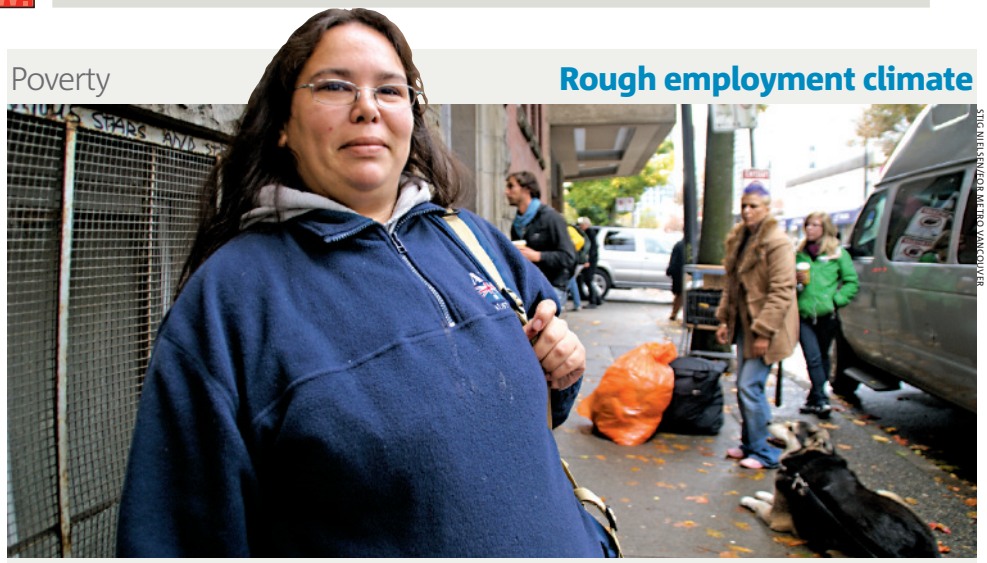
Poverty

Rough employment climate



STUART NIELSEN/FOR METRO VANCOUVER

Jazmyn Tanaka, 33, on Richards Street in Vancouver yesterday. She said she has been looking for entry-level work since August, but is finding that the recent recession has created a much different climate than the last time she went job-hunting. Story, page 3.

Getting from A to B a special game in 2010

Transportation plan for Olympics aims to cut traffic by third

JEFF HODSON
jeff.hodson@metronews.ca

VANCOUVER 2010 Games

Road closures, Olympic lanes and a checkpoint to thwart non-Olympic traffic to Whistler are how organizers of the Vancouver Olympics hope to reduce traffic during the Games by a third.

VANOC announced its transportation plan in March, but fleshed it out yesterday morning — including plans for graduated street closures, beginning Nov. 1 with the handover of the Athletes' Village.

"This is a huge opportunity for us to change the way that people do get around," Penny Ballem, Vancouver's city manager, said at a briefing yesterday morning.

"One of the things that is going to be fundamental to the success of this plan, and of the Games, is to reduce vehicle traffic."

Street closures will be ramped-up in mid-January around venues like Queen Elizabeth Park (curling) and Pacific Coliseum (figure skating).

The biggest impact, however, will be downtown. A number of streets will be closed for security reasons, including Georgia and Dunsmuir viaducts and Pacific and Expo boulevards.

Others, like Robson and Granville, will become pedestrian malls from noon to midnight. There will also be 24-hour no stopping and parking restrictions on most streets downtown as well as dedicated Olympic lanes between venues.

"We're very confident that people will get behind and make it successful," said Terry Wright, VANOC's executive vice-president of services.

"People have a lot of pride in this region and they're going to help us show that pride to the rest of the world."

In Whistler, the biggest change will be a lack of parking. Officials will setup a checkpoint at Alice Lake, north of Squamish, that will only allow vehicles with permits to pass northbound between 6 a.m. and 6 p.m.

Increased service

- Transit service will increase by 180 additional buses and 48 new SkyTrain cars in the months leading up to the Games.

MORE COVERAGE, MAP ON PG 3

Common sense best flu defence: TransLink

Flu Outbreak

HEALTH Installing hand sanitizers on buses and SkyTrain cars would not deter the spread of the H1N1 flu pandemic, health officials told TransLink.

Distributing face masks to employees also wouldn't help, transit officials were told by the B.C. Centre for Disease Control, Vancouver Coastal Health and Fraser Health. Discussions were held after the World Health Organization declared an H1N1 pandemic in the spring.

Sanitizing grab bars, stanchions and seats is only effective until the next contagious person comes along and touches them. It also wouldn't defend against airborne contamination through sneezing or coughing.

It's more important for people to wash their hands regularly, especially before they eat and to avoid touching their face, eyes and nose, according to the B.C. Centre for Disease Control.

Handing out facemasks to the workforce also wasn't recommended, according to TransLink. If not properly used, they can increase the risk of contamination.

TransLink officials are, however, encouraging employees to stay home if they show any flu signs and to rely on common sense — hand washing and coughing into your elbow or sleeve — to prevent the spread of germs.

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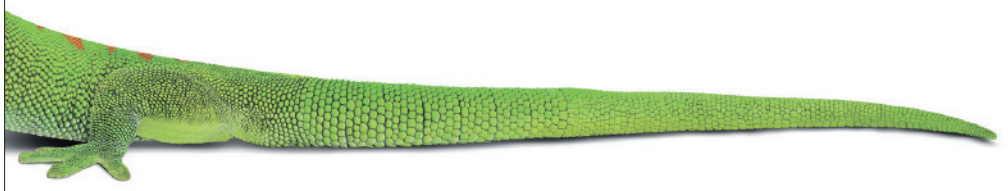

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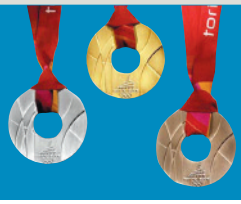

Olympic medals to be revealed

The 2010 Olympic medals will be unveiled in Vancouver today. VANOC will reveal the coveted hardware at the Athlete's Village in False Creek. Left, the medals for the 2006 Torino Games. METRO VANCOUVER

FIPP AWARDS METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

2010 TICKETS The third and final phase of Olympic tickets will go on sale to the public next month, VANOC said yesterday, and will include more than 100,000 tickets for city-venue events. There will also be a "locals" sale on Oct. 23 and 24 for Whistler events for people living between Squamish and Mount Currie.

2010 TRAVEL Organizers of the 2010 Olympics are launching a new website to help the public with their transportation planning during the Games. Travelsmart2010.ca contains up-to-date transportation planning and runs through the Games.

SEARCH RCMP in Surrey are looking for the owner of a black nylon bag full of camera equipment that was found in July. The bag contains two lenses, a tripod, camera flash, manuals and two CD-ROMS.

GARBAGE Curbside garbage pickup in Port Coquitlam will be reduced to twice a month from once a week in the new year, news1130.com reports.

MURDER One man is dead after a shooting behind a dance studio in Burnaby yesterday afternoon. Police suspect the killing was targeted.

METRO NEWS SERVICES

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What's online today.

Family Law Brahm Siegel on Letterman, Edwards and adultery at **metronews.ca/familymatters**

Lotteries

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Extra	9, 10, 45, 64

These results are not official.

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MAP COURTESY OF VANOC

A map showing Vancouver street closures during the 2010 Olympics.

Get set for Games traffic hurdles

VANCOUVER 2010 **Games**

TRAFFIC Olympic street closures will be mostly phased in through January and February, Vancouver city manager Penny Ballem said yesterday.

The first closure, on Nov. 1, coincides with the city's handover of the Athlete's Village to Olympic organizers. It will extend along First Avenue, from Quebec Street to Cambie Street, and includes a portion of the False Creek seawall that abuts the village.

Closures begin in earnest after the new year, starting Jan. 4 when a small section of Abbott Street east of GM Place (renamed Hockey Canada Place) will be closed to create an athlete's compound. Other closures and restrictions dates include:

- Jan. 15: Quebec Street closed adjacent to the Athlete's Village.
- Jan. 24: Renfrew Street closed between Hastings and McGill.
- Jan. 27: Canada Place and Waterfront Road close.
- Jan. 29: Expo and Pacific boulevards close.
- Feb. 1: Midlothian Street is closed, near Queen Elizabeth Park.
- Feb. 4: Olympic lanes implemented on Hastings, Cambie and Broadway and 24-hour parking restrictions on Powell, South Granville and 12th Avenue.
- Feb. 5: Georgia and Dunsmuir viaducts closed.

JEFF HODSON/METRO VANCOUVER

Schoenborn confessed to hunter: Testimony

COURT The self-styled tracker who found a man wanted by police dehydrated and weak in the woods says the father immediately confessed to killing his three children.

"'OK. I'm Allan and I did it,'" Kim Robinson testified Allan Schoenborn told him.

Robinson, who was incredulous at the revelation, said Schoenborn went on to say he killed the children to "save them from a life of humility."

As Robinson testified, Schoenborn said from the prisoner's box: "Want to have that talk now?" Two sheriffs quickly stood up and Schoenborn's lawyer came over to talk to him.

Robinson's statements yesterday followed the finish of the gut-wrenching testimony of the children's mother, Darcie Clarke.

Clarke came home in April 2008 to find Kaitlynne, 10, Max, 8 and Cordon, 5, dead in their Merritt home.

She has testified her estranged husband had struggled with mental illness in the past, but she said he was a loving father and it never occurred to her he might harm their children.

THE CANADIAN PRESS

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Tough times in province

Local woman down to bare minimum

Eradicating Poverty

JEFF HODSON and STIG NIELSEN
Metro Vancouver

Two years ago, when Jazmyn Tanaka was pounding the pavement looking for work, her employment prospects were much rosier.

"It was much easier in 2007 to get a job," Tanaka said. "I could just walk into a company and say, 'Here is my resumé.' They'd say, 'OK, when can you start?'"

But that was before the recent global economic downturn that hit B.C. harder than most Canadian provinces.

Statistics Canada data from July has the number of people receiving employment insurance benefits in B.C. increasing by more than 47,000, or 104 per cent, over the past year.

Tanaka, 33, has been looking for work since August — housekeeping, care giving, hostessing, even security.

She has sent out hundreds of resumés, but has only gotten a handful of calls back. Those positions are usually gone before she's interviewed.

Tanaka said she's cut back to the bare minimum, giving up her cellphone, taking the bus and making use of organizations that help people with low incomes.

Cheryl Prepchuk, CEO of the Greater Vancouver Foodbank Society, has seen a 10 per cent increase in the number of people in food lineups in the past 10 months (families with small children have increased 11 per cent).

"The other area that is growing is first-time users," Prepchuk said. "As companies downsize, restructure, go under, people who have never been in food lines before find themselves in food lines."

At the same time, she said, donations to the foodbank are down 10,000 pounds (or about 0.1 per cent) from last year. Communities in resource-dependant rural B.C., she added, have been even harder hit.

Tanaka said she can't go much longer without finding work.

"You need the job for housing … so without that job, everything else goes by the wayside."

Protest planned against torch relay

VICTORIA A couple hundred protesters are expected to fill Victoria's Centennial Square to demonstrate against the Olympic torch relay's pomp and pageantry on Oct 30.

"It's a community celebration," said Zoe Blunt of No 2010 Victoria, an anti-Olympic group. "We're planning on having live music and speakers and a rally."

Dubbed "5-Ring Circus," the festival will include shopping cart races, binning competitions, street theatre and a zombie march. Legal support will be on hand to intervene if police try to shut the festivities down early.

"We have the right to use the public space," Blunt said.

KIMBERLY SHEARON/ FOR METRO VANCOUVER

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Ski slopes holding job fairs for 2010

Cypress and Grouse mountains are holding job fairs this weekend letting would-be staff know about employment opportunities during the busy 2010 season. The Cypress Job Fair runs from Oct. 16 to Oct. 18, with free shuttle services. The Grouse Mountain Career Fair runs from Oct. 17 to Oct. 18. METRO VANCOUVER

News in brief

HOSPITAL SHOOTING A 33-year-old male patient armed with a pellet gun shot three security guards at the Nanaimo Regional General Hospital. The guards suffered minor injuries.

DRUG ARREST A 43-year-old Surrey man has been arrested by U.S. border guards in Blaine, Wash. Officers found $3 million worth of cocaine in his truck. METRO NEWS SERVICES

ShareYourViews
vancouverletters@metronews.ca

Massive health data project launches

HEALTH Participants in the largest health research project in the province, which was announced in Vancouver yesterday, could help scientists finally determine — among other things — if standing in front of the microwave actually gives you cancer.

Researchers with the B.C. Generations Project aim to recruit 40,000 British Columbians between 40 and 69 for a national study of how environment, lifestyle and genes contribute to cancer and chronic diseases.

Go online

- For more information visit bcgenerationsproject.ca.

"By studying many people from all walks of life, we'll have a powerful tool for pinpointing the factors that contribute to cancer and chronic diseases," said Richard Gallagher, principal investigator of the project in B.C.

The collection will form a high-quality, secure data pool, and the hope is to pinpoint the cause of diseases and then come up with prevention interventions, said Gallagher. "It's a huge undertaking (but) I'm excited to be part of it," he said. KRISTEN THOMPSON/ METRO VANCOUVER

KIMBERLY SHEARON/FOR METRO VANCOUVER

NDP MLA Jenny Kwan speaks out against the HST outside the Strathcona Community Centre.

HST limits sport, recreation: NDP

Park Board head seeks exemption

KIMBERLY SHEARON
for Metro Vancouver

The incoming harmonized sales tax (HST) will put community recreation programs out of reach for low- and fixed-income families, the NDP said yesterday.

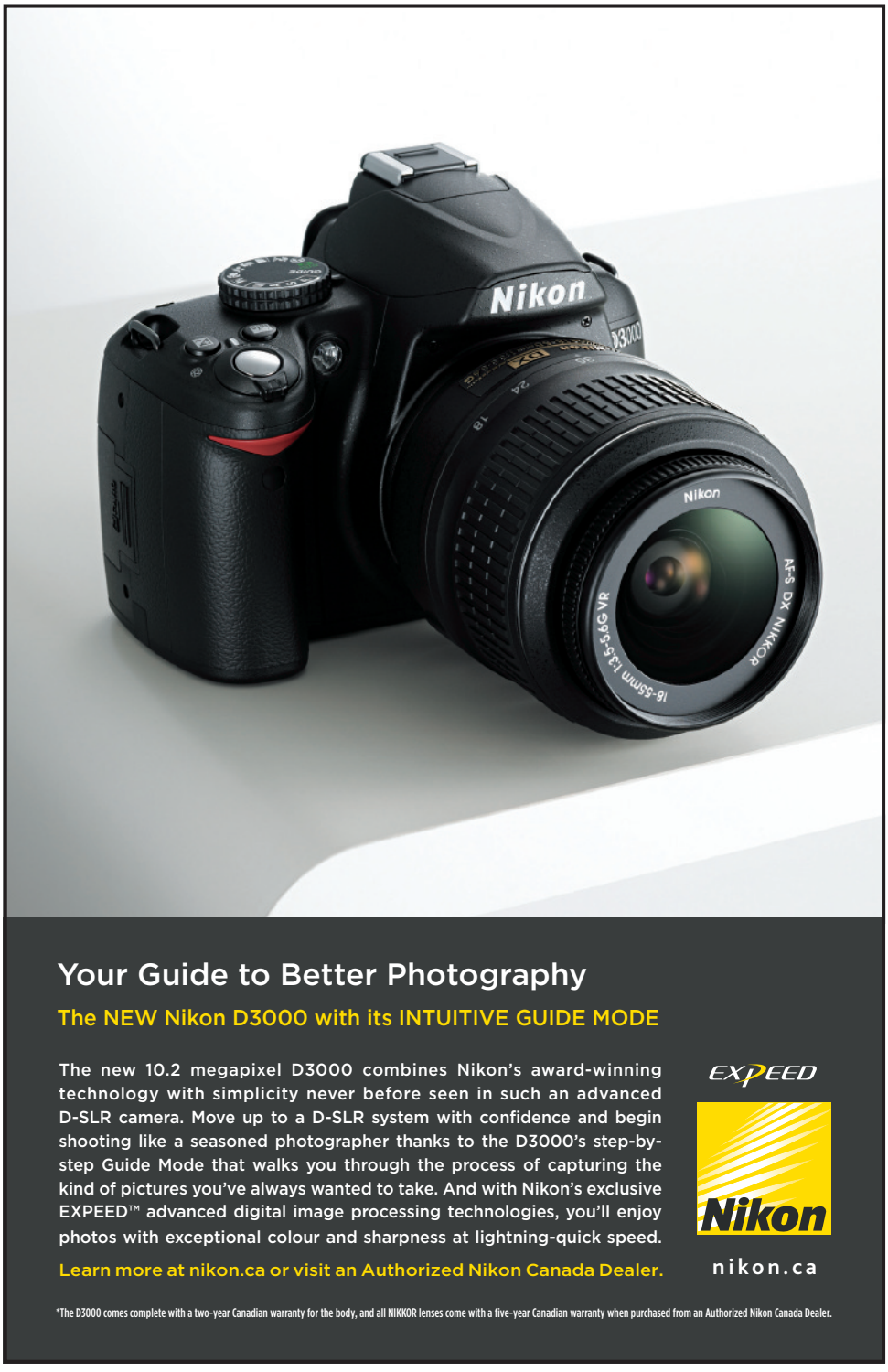
When the HST comes into effect next July, it will tack on an additional seven per cent to rental costs for community centres across the province. That increase will be passed down to community centre users through higher registration and program fees, said Jenny Kwan, NDP MLA for Vancouver-Mt. Pleasant.

"It is hypocritical for the government to say on the one hand that they want to get people active, to live a healthy lifestyle … and at the same time increase costs for British Columbians to access sports venues," Kwan said.

Vancouver residents will have to shell out $3 million extra to access community recreation facilities and programs once the HST takes effect, said Loretta Woodcock, Vancouver Park Board commissioner.

"We're seeking an exemption for recreational fees," she said. "To say we want to get people more active and then discourage them from physical activity with the HST is counterproductive."

Kwan said the NDP has collected more than 100,000 signatures for the anti-HST petition it will present in the legislature.



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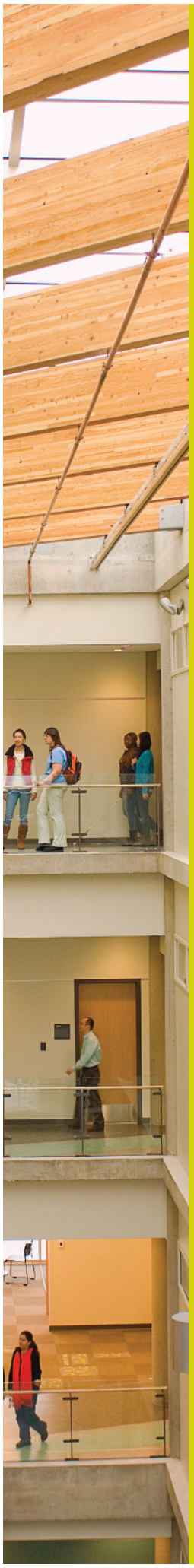

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Teens buying bootlegged cigarettes: Study

The latest study of cigarette butts collected around high schools in Ontario and Quebec suggests more and more teens are buying their smokes on the black market. The study, commissioned by the Canadian Convenience Stores Association, found 30 per cent of butts gathered outside Ontario high schools were contraband. THE CANADIAN PRESS

Canada

Tobacco firm destroyed research: Report

University researchers allege Imperial Tobacco Canada destroyed seven million pages of research that included scores of studies showing the devastating impact of smoking. The University of Waterloo researchers have examined 60 scientific studies conducted between 1967 and 1984, and published their findings in the Canadian Medical Association Journal. They say that one of the studies shows tobacco company researchers exposing hamsters to cigarette smoke, and concluding that they developed cancerous lesions as a result. THE CANADIAN PRESS

News in brief

SECURITY The Department of Justice is reviewing its security policies after a 16-year-old female allegedly hid a knife in her genitals then tried to use it in the attack of a 22-year-old woman inside the Halifax provincial courthouse Tuesday afternoon.

PHILIP CROUCHER/METRO CANADA

DNA TEST Keanu Reeves is not the father of a Barrie, Ont., woman's children, says a lawyer for the actor. CTV News reports the lawyer as saying DNA tests have determined Reeves is not the father of any of Karen Sala's four adult children. Reeves agreed to the DNA test last month.

TASERING DEATH The federal government doesn't think the inquiry into the death of Robert Dziekanski at the hands of the RCMP should be able to find misconduct against the federal force or against the Canadian Border Services Agency.

THE CANADIAN PRESS

Montreal **Charkaoui arrives**

RYAN REMIORZ/THE CANADIAN PRESS

Adil Charkaoui, left, arrives with supporters at a news conference yesterday in Montreal. A judge ruled against any appeals to the removal of the security certificate against him and removed all remaining bail conditions against Charkaoui, who was suspected of being a terrorist.

Torture was possible, diplomat warned

Official advised feds of prisoner abuse in buried reports

A Canadian diplomat warned the federal government in writing early in 2006 that Afghan prisoners faced the possibility of torture — reports that have been smothered under a blanket of national security.

The politically explosive revelation was made in an affidavit filed by Richard Colvin — now an intelligence officer with the Foreign Affairs Department — to the Military Police Complaints Commission, which once again adjourned public hearings yesterday.

The inquiry, which is looking at what military police knew, or should have known, about possible Afghan prison torture, has been put on hold for at least six months amid court appeals over its jurisdiction.

Colvin's written submission stated that two reports — one on May 26, 2006, and the other on June 2, 2006 — were distributed widely in the Foreign Affairs and Defence Departments, including to senior military commanders in both Ottawa and Kandahar.

He also visited Kandahar's Sarpoza prison.

THE CANADIAN PRESS

Response

- When allegations of abuse surfaced, Prime Minister Stephen Harper and several cabinet ministers insisted they had received no credible reports from Canadian officials about possible torture.

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Minister disputes G77 walkout

CLIMATE CHANGE Environment Minister Jim Prentice appears to be contradicting his top climate-change envoy, denying that some countries walked out of recent talks in Thailand because of Canada's position on the Kyoto Protocol.

Prentice insisted yesterday that no one left the room when Canada proposed replacing the Kyoto Protocol with an entirely new global-warming pact — a view shared by the United States, the European Union and Australia.

"I've checked this, verified this with our climate-change negotiator, Michael Martin, who is a very respected Canadian diplomat. There was no walkout that took place during the Canadian presentation," Prentice told CBC Newsworld.

But the environment minister's version of events appears at odds with that of Martin, who acknowledged Tuesday that a handful of countries did walk out.

"It certainly wasn't the whole G77," Martin said.

"I think there were some countries — South Africa, China, I can't remember, there were about five or six — who said, 'We don't want to talk about this' and they left."

THE CANADIAN PRESS

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Love handles

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Chili Burn is available in Canada at participating pharmacies: **Participating Shoppers Drug Mart, Alive, GNC, Thrifty´s and other health food stores and pharmacies.** For more information, please call 1 800 261 4223 or visit us at **www.newnordic.ca**

8 **Photos show Maria Shriver violating her husband's state law**
TMZ.com posted two photos showing Maria Shriver holding a cellphone behind the wheel, a violation of a California law signed by her husband Gov. Arnold Schwarzenegger. THE ASSOCIATED PRESS

World

Birther leader fined

U.S. judge dings leader of group that questions Obama's citizenship $20,000

A Georgia federal judge fined a leader of the movement challenging U.S. President Barack Obama's citizenship and warned her against using the legal system to pursue "political rhetoric and insults."

U.S. District Judge Clay D. Land's scathing 43-page order yesterday said California lawyer and dentist Orly Taitz filed "frivolous" litigation and attempted to misuse the federal courts to push a political agenda.

Taitz, a leader of the so-called birther movement, sued on behalf of Army Capt. Connie Rhodes, who sought to avoid deployment to Iraq by claiming Obama wasn't born in the U.S. and that he was "an illegal usurper, unlawful pretender and unqualified impostor."

Documents show the president was born in Hawaii.

Land had already dismissed the lawsuit, but Taitz continued filing motions. He said he fined her $20,000 "as a deterrent to prevent future misconduct and to protect the integrity of the court."

"The absolute absence of any legitimate legal argument, combined with the political diatribe in her motions, demonstrates that Ms. Taitz's purpose is to advance a political agenda," Land wrote. THE ASSOCIATED PRESS

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News in brief

ITALY A historian says Italian Benito Mussolini was well paid as a British agent during the First World War. Peter Martland of Cambridge University discovered that Mussolini was paid 100 pounds a week by Britain in 1917 — equal to about $10,000 today. The late Samuel Hoare, in charge of British agents in Rome, revealed in his memoirs 55 years ago that Mussolini was a paid agent.

VIOLENCE Iraq's government said at least 85,000 Iraqis were killed from 2004 to 2008, officially answering one of the biggest questions of the conflict — how many perished in the sectarian violence that nearly led to a civil war. What remains unanswered is how many died in the 2003 U.S. invasion and in the months of chaos that followed it. THE ASSOCIATED PRESS

South Korea **The big day**

LEE JIN-MAN/THE ASSOCIATED PRESS

Chen Chun Bang and bride Maiko Oya arrive for their wedding by the Rev. Sun Myung Moon's Unification Church south of Seoul yesterday. The couple was among 45,000 people worldwide who took part in the mass wedding.

New photo shows 'happy' Dugard

CALIFORNIA The first photo of Jaycee Dugard since she was reunited with her family after 18 years in captivity shows a smiling woman with long, light brown hair.

Dugard, now 29, told People magazine she's "so happy to be back with my family" after being reunited Aug. 27.

Dugard is living with her mother and two daughters — Angel, 15, and Starlit, 11 — fathered by her alleged kidnapper, Phillip Garrido.

Authorities say Dugard and her daughters lived in a hidden encampment of sheds and tents in Garrido's backyard. Garrido and his wife, Nancy, have been charged with kidnapping and rape in Dugard's 1991 disappearance outside her home.

Dugard appears on the cover of the latest People magazine.

The Garridos have pleaded not guilty.

Family spokeswoman Erika Schulte told NBC's Today show yesterday that Dugard decided to release photos to People magazine as a way to "share her joy with the world" and show how well she's doing.

Schulte said Dugard has formed a very close bond with her sister, Shayna, who was just a baby when Dugard was kidnapped. THE ASSOCIATED PRESS

Woman convicted on all counts of trafficking girls in New Jersey
A Togolese woman charged with visa fraud and human trafficking between Africa and New Jersey has been convicted on all counts. THE ASSOCIATED PRESS

Ice-free Arctic?

The North Pole will turn into an open sea during summer within a decade, according to data released yesterday by a team of explorers who trekked through the Arctic for three months.

The Catlin Arctic Survey team, led by explorer Pen Hadow, measured the thickness of the ice as it sledged and hiked through the northern part of the Beaufort Sea in the North Pole earlier this year during a research project.

Their findings show that most of the ice in the region is first-year ice that is only around 1.8 metres (six feet) deep and will melt next summer.

The region has traditionally contained thicker multi-year ice, which does not melt as rapidly.

"The area is now more likely to become open water each summer, bringing forward the potential date when the summer sea ice will be completely gone," said Prof. Peter Wadhams, part of the Polar Ocean Physics Group at the University of Cambridge that analyzed the data.

"The area is now more likely to become open water each summer, bringing forward the potential date when the summer sea ice will be completely gone."
Peter Wadhams, professor

Wadhams said the Catlin Arctic Survey data supports the new consensus that the Arctic will be ice-free in summer within 20 years, and that much of the decrease will happen within 10 years.

THE ASSOCIATED PRESS

New York terror suspect had large al-Qaida connections: U.S.

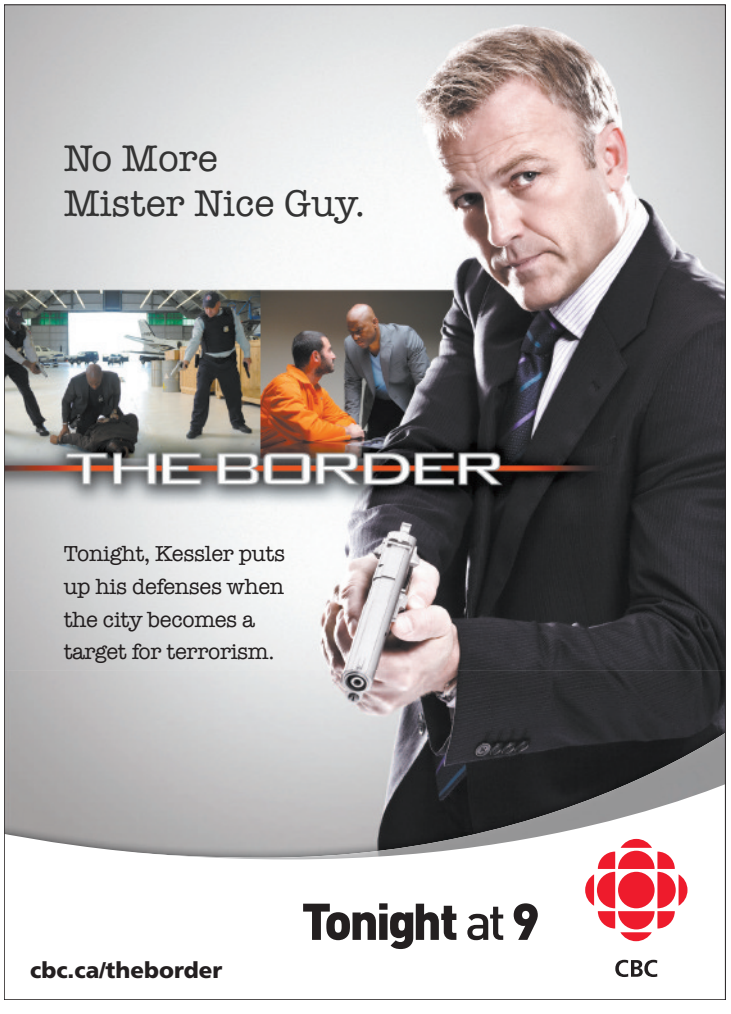
TERRORISM The airport shuttle driver accused of plotting a bombing in New York had contacts with al-Qaida that went nearly all the way to the top, to an Osama bin Laden confidant believed to be the terrorist group's leader in Afghanistan, U.S. intelligence officials told The Associated Press.

Mustafa Abu al-Yazid, reputed to be one of the founders of the terrorist network, contacted Afghan immigrant Najibullah Zazi as the 24-year-old man hatched a plot to use homemade backpack bombs in New York.

THE ASSOCIATED PRESS

News in brief

WAR EFFORT British Prime Minister Gordon Brown pledged yesterday to send more troops to Afghanistan but only if NATO and the Afghan government do more to help fight the Taliban. Brown said his government would increase British troop levels to 9,500 on the condition that President Hamid Karzai improve his government's performance. THE ASSOCIATED PRESS



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Comment

Cuddle up with popcorn, movie

Relating

The critics have not been at all kind to Couples Retreat (The Globe and Mail warns, "Couples, Retreat") but the romantic comedy led at the box office last weekend with $35.3 million.

Date movies, like family movies, aren't designed to have particular appeal to anyone in particular, but to be tolerable compromise entertainment for everybody. They should be earthy enough to make him laugh, yet not so crude as to put her off her popcorn. The point of the exercise is to go to a movie together.

These productions aren't my usual thing, especially when quality cinema like Zombieland beckons, but I care about our relationship, dearest reader. I saw it for you. I want this to work out.

I also care enough about my beloved not to subject her to date movies, so I went alone. Weirdly, I wasn't the only single there.

The movie stars Vince Vaughn, Jon Favreau and some Kristins. Four couples find themselves stuck in a tropical resort where they're forced into relationship therapy.

A movie talking about relationships could be seen as a bit of a horror movie for guys, so it's laced with what are clearly intended as dude moments: Penis jokes, girls in bikinis, some sharks and a totally bitchin' Guitar Hero showdown.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

The big message? Don't take each other for granted. Cheating is wrong.

Weirdly, on the press junkets for the movie, Vaughn slipped this bit into an interview: "The only expert thing I know about a relationship is that I don't know anything. I think every time I think I know something, obviously you then learn that you don't know anything, but I do know this to be true: I know that men marry women hoping that they will not change, and women marry men hoping that they will change, and inevitably everyone is disappointed."

Should have put that one in the movie, Vince.

Instead, and I hope I'm not spoiling anything, the couples, after much upset, remember why they fell in love with each other in the first place, and there's a Wizard of Oz wrap-up ending where they find out they had it in them all along.

Date movies, eh?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Healing through truth, reconciliation

Mardi Tindal

FocusOn FirstNations

I met Desmond Tutu in 1990 when interviewing him about the dismantling of apartheid in South Africa. I greatly admired Tutu's personal risk-taking in the cause of liberation for South Africans.

My admiration grew even deeper five years later as he began chairing the South African Truth and Reconciliation Commission.

While aware of the shameful past of South African apartheid, most Canadians were far less aware about our own societal sins regarding aboriginal residential schools. These schools led to untold suffering and cultural loss.

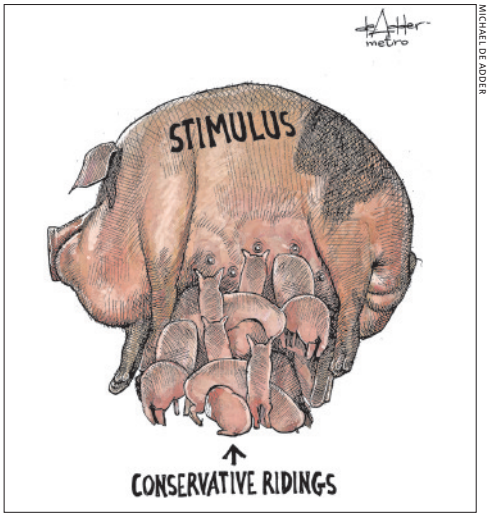
Since 2003, the United Church of Canada has worked with other churches and aboriginal and survivor groups to promote a national truth-telling and healing process. Over the next five years, we will all have the opportunity to participate in a Truth and Reconciliation Commission through national and community events.

Today, with survivors, aboriginal, church and government leaders, I will join Gov. Gen. Michaëlle Jean to mark a renewed effort in our own truth-telling and healing process.

Acknowledging wrongdoing is the first step on the road of repentance. At the United Church, we have worked hard to become informed and responsive to the harmful impact of the residential schools on Aboriginal Peoples and their cultures. We have apologized to former residential school students, their families and communities. But there is much more listening and, we trust, healing ahead of us.

Today, all Canadians are being given the opportunity to come to terms with our own national shame — and with the promise of healing.

Mardi Tindal is the 40th moderator of the United Church of Canada.



MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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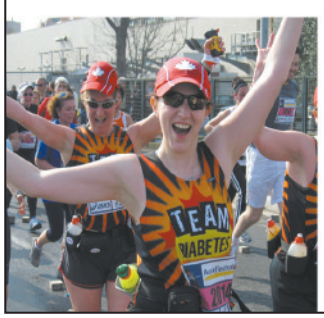

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Mattel, Fisher Price plan giant payout over lead in toys
Mattel and Fisher Price have agreed to reimburse consumers for Chinese toys found to contain high levels of lead. The proposed class action settlement, filed in Los Angeles, could total more than $50 million US. Mattel said this resolves "virtually all" U.S. claims. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Stand by for a border boom

The loonie edged closer to parity yesterday, stoking Canadian retailers' fears that their recent sales gains will soon be fleeing south of the border.

Bank of Montreal economist Douglas Porter says there is already anecdotal evidence that cross-border shopping — a victim of the recession and the loonie's tumble earlier this year — may be reviving.

"The chatter I'm hearing is there were big lineups at the border to get back into Canada on Monday night," he said.

Porter recently compiled a comparison of prices between Canada and the United States.

The price gap that had been as high 20 per cent in the summer of 2008, was down to 6.8 per cent a year later.

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The comparison of 18 goods was taken at the end of July when the Canadian dollar was valued at about 92 cents US. But the loonie traded as high as 97.53 cents US yesterday.

Porter said that would make his basket of goods in Canada about 12 per cent more expensive than in the United States, a gap he believes will convince shoppers the trip south is worth the expense and inconvenience.

THE CANADIAN PRESS

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In brief

AUTOMOTIVE New motor vehicle sales fell 0.3 per cent to 126,401 in August. Statistics Canada blames a slide in passenger-car sales. August sales were 6.6 per cent lower than a year before. Preliminary data indicate the number of new vehicles sold was relatively unchanged in September.
THE CANADIAN PRESS

PepsiCo will help you score?

ADVERTISING PepsiCo is facing criticism for an iPhone application that promises to help men "score" with two dozen stereotypes of women by giving pickup lines and a scoreboard to keep track of conquests.

The company is using the slogan "Amp up before you score" to market its Amp energy drink.

But PepsiCo is sticking by the app.

Spokesperson Nicole Bradley said the application is available only to people 17 and older. "We'll continue to monitor the feedback."
THE CANADIAN PRESS

Cash-hit Canwest sets January date

PUBLISHING A lawyer for Canwest Global Communications says the media company wants to have a restructuring plan with its creditors approved by the end of January. Judge Sarah Pepall approved the proposed time frame.
THE CANADIAN PRESS

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Ballesteros hopes for one more British Open round

Seve Ballesteros says he's hopeful that his health will allow him to play a round at next year's British Open. Ballesteros, who is recovering from brain cancer that has left him partially blinded in his left eye, says playing a round at the event he won three times couldn't be decided yet. THE ASSOCIATED PRESS

Sports

Not leaving Notts

Sven-Goran Eriksson, left, says he is committed to English club Notts County and is not preparing to coach North Korea at the World Cup. North Korea has qualified for the finals for the first time since the 1966 tournament. Notts County also issued a statement dismissing a report that the fourth-tier club's director was set to take on a role with North Korea. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Golf **Shriners fundraiser**

DARRIN BUSH/THE ASSOCIATED PRESS

LPGA pro Natalie Gulbis participates in the Pro-Am portion of the Justin Timberlake Shriners Hospitals for Children Open yesterday in Las Vegas. It's the second year of Timberlake's fundraising tournament.

From AHL to top line

Injuries thrust Michael Grabner into key role with Canucks

It's not every day a rookie gets called up from the minors and finds himself skating on the big club's top line.

But that's the result of injuries to five regulars on the Vancouver Canucks as they prepare for four games in six nights starting tomorrow in Calgary.

With top-six forwards Daniel Sedin and Pavol Demitra on the shelf, Michael Grabner arrived yesterday to try and pick up some of the lost scoring punch in his first taste of NHL action.

"It's up to me now," the 22-year-old Austrian said after practising with Henrik Sedin and Alex Burrows.

"I'm playing with good players. I've just got to take the chance and try to score some goals."
Michael Grabner

"I'm playing with good players. I've just got to take the chance and try to score some goals. They're great setup guys."

The Canucks had high hopes for Grabner this season but he was sent down to the AHL's Manitoba Moose after what coach Alain Vigneault called an average training camp.

But things change when you start the season 0-3 and get bit hard by the injury bug.

The 2-3 Canucks now find themselves in desperate need of offence and Grabner, a blur down the right wing, has four goals in five games with the Moose.

"He needs to use his speed," said Henrik Sedin, whose twin brother Daniel is out four to six weeks with a broken bone in his left foot.

"He's extremely fast, he's a good skater. If he plays the same way, we know what he can do and he's going to be a factor for us.

"To have him use his speed and try to beat guys one on one, it's going to open up a lot of space for me and (Burrows)."

The Canucks lost Daniel Sedin, their leading scorer last season, and Sami Salo, a shut-down defenceman who gets power-play minutes, in a two-game span. THE CANADIAN PRESS

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Egypt eyes U-20 attendance mark
Organizers of the Under-20 World Cup in Egypt said yesterday they were set to break the attendance record for the event, but conceded that conscripts from the country's military had helped fill stadiums. The record currently stands at 1.19 million, set in Canada two years ago. THE ASSOCIATED PRESS

Relief for Fleury, finally

Tormented former NHL star tells all in new autobiography

Theo Fleury suffered silently, alone with his pain until he could take it no more and tried to drink it all away.

When the hurt returned the cycle would repeat, and as the years went on he began to lose more and more control. By the time the former NHL star disappeared from the public eye some five years ago, most fans could only remember the sad and peculiar sideshow he had become, not the tiny-but-dazzling dynamo on the ice he had been for over a decade.

Sober four years and enjoying a stability in his life he never before had, Fleury now wants to set the record straight. His autobiography Playing With Fire, released yesterday, answers many of the questions people had about his at-times maniacal behaviour.

By exposing his demons — most notably the sexual assaults he says he was subjected to by former junior hockey coach Graham James and the substance abuse it led to — the 41-year-old Fleury has found relief.

"The only way you can get any kind of recovery in this process is to tell somebody, you've got to get it out there," Fleury said yesterday. "I felt with four years sobriety under my belt that I would be able to handle it and stay strong and get the message out there.

"I wanted people to understand why everything kind of went off the rails towards the end."

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS
Former NHL star Theo Fleury poses yesterday for a photograph with his new book in Toronto.

Sports in brief

CFL For one game, anyway, the Toronto Argonauts will call Moncton, N.B., home. Two CFL sources told The Canadian Press yesterday that the Argos will be the home team for a regular-season game that will be played in New Brunswick next season. The league will make the official announcement today at a news conference in Moncton.

WRESTLING Captain Lou Albano, who became one of the most recognized professional wrestlers of the 1980s after appearing in Cyndi Lauper's Girls Just Want to Have Fun music video, died yesterday. He was 76.

BASEBALL Mets shortstop Jose Reyes will undergo surgery on his injured right leg today in Dallas. Reyes is scheduled for a cleanup of some scar tissue remaining from a torn hamstring tendon behind his right knee.

NFL Indianapolis Colts kicker Adam Vinatieri will be out four to eight weeks after undergoing arthroscopic right knee surgery to remove a piece of cartilage. The team has signed veteran kicker Matt Stover to replace Vinatieri.

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Metro Homes

Time to get spooky

Martha Stewart has created elegant tablescape chandeliers, skulls and skeletons encrusted with colourful glitter, as well as a grinning pumpkin clock, left, and black jack-o'-lanterns stacked in a threesome, available online at GrandinRoad.com.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Suite demand high at District

Sale of the second phase of a Vancouver development has been fast-tracked after 103 suites from Phase 1 quickly sold out.

Homebuyers lined up hours in advance on Oct. 3 to scoop up condos at District.

"People are rapidly buying the suites … due to its attractive price point, liveable floor plans and of course, its location," said Nic Jensen, sales manager. "District is situated in the hub of the Vancouver's cultural scene with an array of shops, retailers, cafes and restaurants at its doorstep."

Suite Talk

The success of the $35-million sale prompted Amacon to make Phase 2 of the South Main Street development available sooner.

The 148-unit, nine-storey building will include a collection of residences that include studios, one-, two- and two-bedrooms plus den suites ranging in size from 422 to 1,262 square feet. One-bedrooms start at $279,000 and two-bedrooms run from $384,900 with prices up to $849,900.

District's building design will include two outdoor rooftop patios with a barbecue area, comfortable seating, two fireplaces, a vegetable garden and city and mountain views.

The building also features a full workout room as well as a media room with surround sound, flat screen TV and a wet bar.

Suites feature tasteful interiors, including large windows, engineered hardwood floors and spa-like bathrooms. Each kitchen will be decked out with top-of-the-line stainless-steel appliances and stone kitchen countertops.

Phase two of District is scheduled to be ready for occupancy in summer 2012. METRO VANCOUVER

For more

- The presentation centre is at 299 E. 7th Ave. at Scotia (one block east of Main Street) daily from noon to 6 p.m. or visit southmaindistrict.com.

Correction

- In last week's Suite Talk feature, the photo of a kitchen was not from Summerfield. Metro regrets the error. Visit summerfieldhomes.ca for for more information about this collection of single-family homes.

A selection of photos from the condos at District.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Montreal in springtime

Vivid colours and femininity rule Fashion Week

DINH BÁ

Dinh Bá
Saigon-born Dinh Bá offered up Tokyo inspiration with vivid reds, silvery grey, black and bold, geometric patterns. Take-note details included cascading oversized bows and twisting ruffles.

JANINE FALCON/FOR METRO CANADA

JIMMY HAMELIN PHOTOS

Muse
You're not the only one obsessed with Betty-Draper style. Muse designer Christian Chenail celebrated 20 years in the biz with trim-waisted cocktail dresses and swingy skirts with a '50s flair, complete with a smattering of jaunty polka dots. Super-coiffed updos and bright red lips served as beauty punctuation.

MUSE

Tatyana Parfionova
Part of a second-annual fashion show in support of the Kovalev and Friends foundation for kids with heart disease, designer Tatyana Parfionova paid hommage to her Russian home base with laced-up bodices, long, full skirts and luxe fabrics. The show featured a cameo strut from Egenia Kovalev, wife of NHL player Alex Kovalev.

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MAD PLAID
Wool pencil skirt, Reitmans ($30, reitmans.ca)

METALIC ACCENTS
Polyester and metal handbag, Chinese Laundry ($40, 1-800-784-4750)

PYTHON PLATFORM
Faux-leather booties, H&M ($60, hm.com)

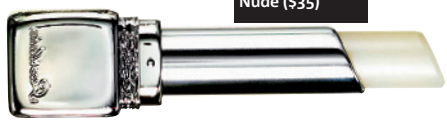
Editors' Pick

LOW, MEDIUM, HIGH

Balms away! Protect and hydrate your lips with these cold-weather staples

L'Occitane en Provence Shea Butter Lip Balm Stick ($12)

Nivea Lip Care Light Kiss Lip Balm ($3.49)



Guerlain KissKiss Baby Lipstick in Cristal Nude ($35)

PLAY IN THE DARK

This year, designers have fallen for tough girls who sport heavy black eye makeup and dusky lip colours. "A dramatic look like black lips is not going to look good on most people," says Toronto-based makeup artist Simone Otis, "but a smudgy, smoky eye looks great on almost anyone, and a black manicure always looks chic."

Sephora Colorful Pearl Mono Eyeshadow in Pearl No. 16 ($12)

Revlon Nail Enamel In Blackest Black ($5.50)

M.A.C. Cremesheen Lipstick in Black Knight ($16.50)

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Lip-lock can't lift ratings
Hayden Panettiere and Madeline Zima's same-sex lip-lock might have titillated fanboys, but the buzzed-about kiss did not draw in many new Heroes viewers. The NBC superhero drama pulled in 5.6 million viewers, staying flat from the previous week. **TVGUIDE.COM**

Entertainment

Fox underwear
Megan Fox will replace Victoria Beckham as the new face of Emporio Armani women's underwear line. Starting in January, she will appear in a print and billboard campaign. **PEOPLE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

Chantal Kreviazuk no Plain Jane

Chantal Kreviazuk

Album: Plain Jane
Label: MapleMusic/Universal
Rating: ⊕⊕⊕

CHANTAL KREVIAZUK IS no "plain Jane." She's the wife of Our Lady of Peace singer Raine Maida, the face of Garnier shampoo and a very clever songsmith with the ability to put on a teen-pop voice for a radio friendly single like Invincible. She can also take on a sophisticated adult contemporary pose for the next song, Half of Me, show her jazzy side on the title track, Plain Jane, and reveal a lover's vulnerability on the gushing 5000 Days. As well, the Winnipeg-born singer is still able to give us a gentle remember-those-less-fortunate-than-us nudge with the closing track Na Miso. Kreviazuk's versatility as both a singer and songwriter shines through on this album, perhaps to a fault. A listener could easily get lost with all the directional turns.

Graham Rockingham/for Metro Canada

Plain Jane is the new album from Winnipeg-born, Los Angeles-based singer-songwriter Chantal Kreviazuk.

Rosanne Cash

Album: The List
Label: Manhattan/EMI
Rating: ⊕⊕⊕⊕

IT'S THE GIFT that keeps on giving. Concerned that he was losing his daughter Rosanne to rock 'n' roll, Johnny Cash sat down one afternoon in 1973 and drew up a list of "100 essential country songs" to help educate her about her family's musical roots. It took 35 years, but Rosanne finally decided to share this priceless piece of Americana with the world. Some of it, anyway. With the help of husband/producer/guitarist John Leventhal, Rosanne chose a dozen songs from daddy's list and lovingly recorded them for this album. For added impact, she also called in some guest vocalists like Bruce Springsteen (Sea of Heartbreak), Elvis Costello (Heartaches by the Number), Rufus Wainwright (Silver Wings) and Jeff Tweedy (Long Black Veil). The standout here, however, is Rosanne's voice. It never stands in the shadow of these timeless songs. Unfortunately, Rosanne is playing coy with the other 88 titles on her father's list.

Graham Rockingham/for Metro Canada

Downchild

Album: I Need a Hat
Label: Linus
Rating: ⊕⊕⊕

DON WALSH, FOUNDER of the band we now refer to simply as Downchild, celebrates his 40th anniversary as leader of all that is blue in Canada with a studio album of eleven new songs. This is a band we've tended to take for granted over the years, partially because Walsh has stayed so loyal to the Chicago style of jump blues that gave birth to Dan Akroyd and John Belushi's Blues Brothers' parody. Walsh and the band can play this stuff in their sleep. Still, that trembling slide guitar never ceases to impress — even when backed by guests the calibre of Colin James and Colin Linden. Chris Jackson proves why he's still one of the best blues singers in the country on tracks like Time to Say Goodbye. And take notice of the brilliant keyboard playing of Michael Fontana (formerly of Electric Flag, Rhinocerous, Lou Reed and The Lincolns).

Graham Rockingham/for Metro Canada

Bob Dylan

Album: Christmas In The Heart
Label: Columbia/Sony
Rating: ⊕⊕

IT SOUNDS LIKE a big joke: Bob Dylan's raspy voice singing bouncy Christmas songs. But it's not. On Christmas In The Heart the folk legend tackles Here Comes Santa Claus, Winter Wonderland and a host of other classics. At first this is hilarious, and ironic, but the more you listen the less funny it gets. This is indeed a Christmas record, and not a good one. His scratchy pipes sound terrible and it's just weird hearing Dylan belt out Do You Hear What I Hear?

Bryan Borzykowski/for Metro Canada

Music**Reviews**

music@metronews.ca

The Flaming Lips

Album: Embryonic
Label: Warner
Rating: ⊕⊕⊕½

WHILE THE LAST few Flaming Lips albums have been relatively straightforward affairs, fans of the band know that these guys have a healthy experimental side to them. And they're showing it off on this 18-song juggernaut complete with buzzy sounds and spacey instrumentals. Vocals are often hidden behind sounds, but on songs like If, they're still infectious even if they're not taking centre stage. It's complex, but intriguing.

Bryan Borzykowski/for Metro Canada

Echo&The Bunnymen

Album: The Fountain
Label: MapleMusic/Universal
Rating: ⊕⊕⊕

IT'S BEEN ALMOST 30 years since Echo & The Bunnymen released the stellar debut Crocodiles and, amazingly, the band's still at it. The latest is a collection of upbeat tunes that harken back. Let's be clear: The tunes aren't nearly as strong as what's on Ocean Rain, but they're still catchy nonetheless. Opener I Think I Need It To, with its driving rhythms and soaring chorus is an especially good track.

Bryan Borzykowski/for Metro Canada

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More than just hair

Chris Rock's first venture into documentaries, Good Hair, looks at a culture's obsession with hair.

RICHARD CROUSE
for Metro Canada

This weekend comedian Chris Rock adds a new entry on his resume: Documentary filmmaker.

After a career spent making people laugh, in Good Hair, Rock is tackling a subject that sounds light hearted, but has deeper roots — the relationship African-American women have with their hair.

"When people first heard I was doing it they kind of thought it was going to be frivolous," he says. "They thought it would be some version of Punk'd where I exposed people for not having their own hair or whatever and they see the movie and they are surprised."

Good Hair opens on Friday

Surprised perhaps that Rock uses the subject of a cultural obsession with hair as a starting point to address larger issues.

"It's hair," he says.

"It's self esteem. It's race. It's how we look at ourselves. It's the beauty industry. It's a black movie. It's a white movie. It's an American movie. It's a world movie. It's a really gay movie. It's a lot of movie."

Rock's formal foray into the culture of hair was inspired by a question his daughter asked — "Daddy, how come I don't have good hair?"— but he had his own experience with toxic hair relaxers years before.

"I've had my hair relaxed and it burned," he said. "It feels like having your head set on fire. I stopped when I got Lethal Weapon. It was literally like, 'I got a million dollars and burning my scalp ... that is not being rich.' I dreaded it. I thought if I can't make money without doing this then I'm just not going to make any money."

He has, of course, made money without sacrificing his scalp.

His career is thriving — he has two features coming out next year, including Grown Ups opposite his old SNL partner Adam Sandler — and, he says, Good Hair may not be his last documentary.

"I just have to find the right topic," he says.

"You can't just do it because you have a slot. 'OK, it's been a year!' That doesn't work for me. This one was really from my heart.

"I'm not gonna get rich off of this, but this really, really came from heart."

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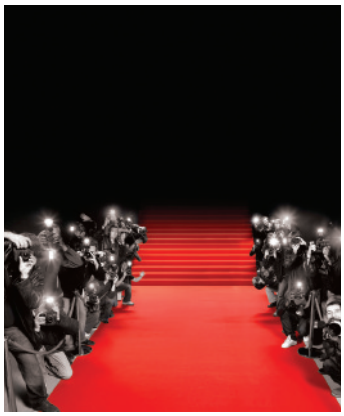

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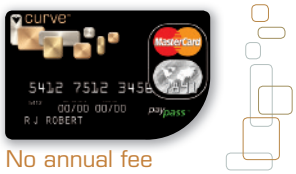

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Reaction to blackface skit was 'appropriate,' says Connick Jr.

Singer expressed outrage on TV program

Harry Connick Jr. says he did the right thing by expressing his outrage at a blackface skit poking fun at the Jackson Five in Australia last week.

"I'm pleased with the way I handled the situation," the 42-year-old American singer and actor told reporters yesterday in Hong Kong, where he was promoting his new album Your Songs.

"I handled it in exactly the manner I thought was appropriate," he said.

The skit was featured on an Australian TV variety show where Connick was a guest judge. Four men in blackface and with Afro wigs sang and danced behind a Michael Jackson impersonator wearing white makeup. Connick gave the performance a zero score. The host of Hey Hey It's Saturday, Daryl Sommers, apologized to Connick at the end of the live show.

Connick said in response, "I just want to say, on behalf of my country, I know it was done humourously, but we've spent so much time trying to not make black people look like buffoons, that when we see something like that we take it really to heart."

EVAN AGOSTINI/THE ASSOCIATED PRESS

Singer Harry Connick Jr., shown in this file photo, says he thinks he did the right thing by expressing his outrage at a blackface skit poking fun of the Jackson Five in Australia last week.

Public reaction in online forums was mixed. Some Australians said they were embarrassed such a racist sketch had been broadcast, while others said detractors were too politically correct and that the skit was funny.

Connick said he cancelled an autograph session and interviews in Sydney after the show to let the controversy die down.

"It was very hot. It was a subject that was very, very controversial. So we just decided to take a couple of days off. I wasn't worried about physical harm," he said.

Blackface once was a part of minstrel shows in the United States, with whites playing stock black characters — usually demeaning stereotypes — after rubbing coal, grease or shoe polish on their faces.

THE ASSOCIATED PRESS

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	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	The Vampire Diaries (N)		CSI: Crime Scene Invstgtn.		Grey's Anatomy "Invasion"		(:01) The Mentalist (N) (CC)		CTV News
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	252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office (N)	The Office	90210 "Wild Alaskan Salmon"		News
	256	389	12 VI	TMZ (N) (CC)	Hollywood	FlashForward "Black Swan"		Fringe "Dream Logic" (N)		(:01) Private Practice (N)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks-Recreat	30 Rock	30 Rock	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (N)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
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	291	383	27 PBS	King County Executive		Doc Martin "On the Edge"		Poirot "Peril at End House"		Bill Gates: How a Geek		Globe Trekker
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (N) (CC)		Fringe "Dream Logic" (CC)		Q13 FOX News at Ten (N)		Family Guy
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news	502	390	26 NW	The Nature of Things (CC)		CBC News: The National		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball: NLCS		Sportsnet Connected (Live)		MMA Conn	Over the Bolts	Sportsnet Connected (Live)		Sportsnet
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	410	403	54 SCR	College Football		Score Now		Score Now		Score Now		Final Score
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	600	564	29 H&G	House	House	Holmes Inspection (CC)		Family Reno	Disaster DIY	Holmes on Homes (CC)		House
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	628	584	32 SPKE	(6:00) TNA Wrestling (N) (CC)				MANswers	GameTrailers	Ways to Die	Blown Away ★★ (1994)	
	521	560	34 TLC	Mall Cops "Mall of America"		Police Women of Broward		Mall Cops "Mall of America"		Police Women of Broward		Police Women
	616	522	39 SHO	The Outer Limits (CC)		Da Vinci's City Hall		The Best Years		Saving Grace (N) (CC)		NCIS (CC)
	620	523	40 BVO	Metal: Head	Bravo!Videos	Law & Order "Illegitimate"		Without a Trace "True" (CC)		Undisputed ★★ (2002) Wesley Snipes. (CC)		
	601	562	41 SLC	X-Weighted "Jeremy" (CC)		ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		MythBusters (CC)		MythBusters "Prison Escape"		MythBusters
	522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories (CC)		Life After People (N) (CC)		Air-Crane! (N)
	627	528	45 SPC	Eureka Re-open Section Five.		InnerSpace	Stargate SG-1	"Singularity"	Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	MLB Baseball: NLCS Game 1 -- Teams TBA			MLB Post	Name Is Earl	Sex and-City	Final Destination 3 ★★ (2006) (PA) (CC)		
	619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits "Summit"		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Perfection	Perfection	Ace of Cakes
	-	-	53 AMC	(5:00) Stargate	The Fly ★★★ (1958) Al Hedison, Patricia Owens. (CC)				Dragonheart ★★ (1996) Dennis Quaid, David Thewlis. (CC)			
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
	320	621	60 CEN	Where Is Osama bin Laden		Eden Lake (2008) Finn Atkins. Premiere. (CC)			(:35) Halloween ★ (2007, Horror) Malcolm McDowell. (CC)			
	581	566	101 MTV	Nitro Circus	Pranked	MTV Live	MTV News	Fantasy Fact.	Beatdown	Nitro Circus	Pranked	MTV Live
	261	394	102 V	(6:00) Cocoon ★★★ (1985) Don Ameche.			Recreat. Eden	The Great White Hope ★★★ (1970) James Earl Jones. (CC)				Paid Program
	-	-	105 MUL	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

30 Rock
The multiple Emmy-winning sitcom opens a fourth season in which Jack Donaghy (Alec Baldwin) will be forced to grapple with the grim real-world economics currently facing network television executives. Liz Lemon (Tina Fey), meanwhile, is determined to milk her newfound and unexpected celebrity for all it's worth. Jane Krakowski, Tracy Morgan and Jack McBrayer also star. 9:30 PM on NBC CITY

Where in the World Is Osama bin Laden?
Two words you need to know before watching this 2008 documentary: Morgan Spurlock. Yep, the guy behind "Super Size Me" made this with tongue planted firmly in cheek, and you should watch it the same way. His girlfriend's pregnancy spurs Spurlock to pay a visit to the Middle East in hopes of finding the world's most notorious terrorist and making the world safe for his child. It's an exercise in futility, but he does meet some interesting people. 6:30 PM on CEN

Perez assault case put over to Nov. 4

CELEB JUSTICE The assault case involving the manager of the Black Eyed Peas and celebrity blogger Perez Hilton has been put over until next month.

Liborio (Polo) Molina faces an assault charge for allegedly striking Hilton outside a Toronto club on June 22. Molina didn't appear in court yesterday as the case was adjourned until Nov. 4. Molina allegedly punched Hilton — whose real name is Mario Lavandeira — following a heated argument between the blogger and Black Eyed Peas leader will.i.am at a party after the MuchMusic Video Awards. The allegations have not been proven in court. Hilton has also filed a civil lawsuit against Molina seeking more than $25,000 US.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

The Truth About Sharks
Shark Truth is a grassroots, not-for-profit that seeks to engage consumers in the fight to preserve the world's endangered shark population. Check out Wild Rice (117 West Pender St.) on Nov. 19 for some food, drinks and prizes at the Shark Truth Launch Party fundraiser at 8 p.m.

Urban Foodie

Exploring the city's fiery and fanciful

ANYA LEVYKH
anya.levykh@gmail.com

This weekend is Diwali, the South Asian festival of lights. What better time to explore the fiery and fanciful in sub-continental cuisine. Here are my top picks for dining in and out.

Delivery King
689 East 65 Ave
604-327-8900
originaltandoori.ca

For nights when both cooking and going out are equally impossible, the Original Tandoori Kitchen in South Van is a long-standing local take-out favourite and for good reason. Naan as long as your arm and wide as a boat paddle are puffy and perfect, traditional picks like lamb korma and rogan josh scream of fresh ingredients and rich creams, and the gulab jamun is a sweet honey tale of overindulged canines.

Frozen Fusion
1488 West 11 Ave
604-736-3701
vijsrangoli.ca

If operating an oven doesn't scare you off, then pick up the frozen wild salmon cakes at Vij's Rangoli, and side it with a dollop of tamarind chutney. Grab some frozen naan and fresh-made raita for a complete meal. If you're more adventurous, try the spicy chopped kale and potatoes, or the yam and green chilli dumplings. And definitely don't miss the rice pudding, with almonds and cinnamon, which is just as good cold as it is hot.

Southern Comfort
147 East Broadway
604-872-2228
chutneyvilla.com

The profusion of Northern Indian cuisine often overshadows Southern specialists like Main Street's Chutney Villa. Cod in coconut gravy, lamb cooked in shallots, garlic and curry leaves, or the "Captain Scotty" chicken all ring with Chettinad and Tamil influences. Innovative dishes like onion rings deep-fried in a rice-and-lentil batter, or pappadam "nachos" sit along side traditional favourites like masala uttapum and lentil dumplings. And the Sunday breakfast is a vegetarian's delight.

ANYA LEVYKH/FROM METRO VANCOUVER
Palak paneer dosa at House of Dosas.

Fine Dining
1905 West Broadway
604-736-8180
akbarsown.ca

Seventeen years, and the rose petal lassis and No.1 Club Cups at Akbar's Own are just as good as the chicken Kashmiri. In fact, for Mughlai and Kashmiri cuisine, there really isn't anywhere else. Rice with browned onions and fruit peel makes the cooker in your cupboard obsolete. Try the lamb badshahi for sweet-hot heartiness, or the egg dhal for an ovo-vegetarian masterpiece.

On the web
- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

Dosas Done Right
1391 Kingsway
604-875-1283
houseofdosas.ca

Within the South Indian repertoire, the dosa takes a large but humble place. It's the Indian equivalent to a French crepe, except larger, tastier and … did I mention larger? House of Dosas is a family-run operation that produces two-foot-long wraps of seafood, meat or vegetables, in succulent curries that can be ordered "very-very-hot-hot" or just mildly incendiary. Try the palak paneer, a spinach-cheese combo that is loaded with Indian thyme, potato and cauliflower, or the prawn vindaloo, guaranteed to expose nerve endings you didn't know you possessed. On Mondays, virtually all dosas are $5.99, so expect a busy house, but these are worth the wait.

On the web

Global Peasant:
- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant to watch turkey leftovers get a Tex-Mex spin.

ADVERTISING FEATURE

Urban Eats

Medley's Restaurant

Open for breakfast, lunch and dinner, Medley's Restaurant is a popular spot with a friendly, casual atmosphere. Favourite dishes at Medley's Restaurant include pizza, Medley's clubhouse sandwich and daily features from our award-winning chef.

The Lobby Bar

A quiet spot right off the lobby - perfect for a get together. The Bar features a wide selection of wine, beer and scotch, as well as lighter fare such as a classic Caesar salad and sweet and spicy chicken wings.

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Capones
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1141 Hamilton Street
604.684.7900
caponesrestaurant.net

Cheers
$10 Bar-B-Q Pork Backrib Dinners
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125 East 2nd St, N. Van
604.985.9192
cheerscatering.net

Shakin' Not Stirred
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1144 Homer Street
604.609.0901
007lounge.ca

Presto Cucina
Promotion: Spaghetti & Meatballs for 2, includes a half litre of house wine for $24 (plus tax).
2272 West 4th Avenue
604.731.7222
prestocucina.ca

Dockside Restaurant
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1253 Johnston Street
604.685.7070
docksidebrewing.com

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Urban Eats runs Thursdays in Metro.

What is Courtney 'revving up,' exactly?

Courteney Cox says she and husband David Arquette are looking forward to having a second child — eventually. "We're not trying yet. We're revving up the engines. I'm only ready because time's a-ticking," she tells OK! Magazine. METRO WORLD NEWS

Celebrity Buzz

Celebrity tweets

Stephen Fry gets frustrated hanging his clothes, Jessica Simpson doesn't appreciate pranks about her lost dog, and Moby has an interesting plane ride.

• @stephenfry
Of all human inventions coat hangers behave the least well. Entirely slappable entities at the best of times.

• @JessicaSimpson
People have been contacting my family and friends saying that Daisy has been found. Untrue. People are so cruel. please respect her memory.

• @thelittleidiot
2 drunk pornstars sitting behind me on the flight to san diego. They brought their yorkies with them. Its like a cancelled sitcom from 1986.

METRO NEWS SERVICES

Russell's ex has a warning for Katy

SHE'S NOT BITTER AT ALL Katy Perry may be enjoying what looks like a blossoming relationship with Russell Brand, but an ex-girlfriend of the British comedian says Perry should not get too comfortable. "Everyone knows you don't date Russell Brand seriously," Georgina Baillie tells Life & Style magazine. "Russell likes the idea of having a serious relationship, but when you've got all these different flavours of ice cream offered to you on a plate, you're not going to stick with vanilla, are you? I don't think he's capable of monogamy." METRO WORLD NEWS

Jacksons squabble over kids appearing on family's show

ISN'T A JACKSONS REALITY SHOW SUPERFLUOUS? The Jacksons are at odds over the inclusion of Michael Jackson's three children in an upcoming A&E reality show about the famous family, Us Weekly reports in its latest issue.

A source tells Us Weekly the buzzed-about program will include Michael's kids — Prince, 12, Paris, 11, and Blanket, seven — though not everyone's happy about it. Eldest sister Rebbie, 59, who has refused to be in the series (called The Jacksons: A Family Dynasty, tentatively set to air in December), "feels Michael would spin in his grave if he knew his kids would be on this show."

While Janet, 43, is on board, mom Katherine "is just going along with things," the source continues. Still, one of the creators of the program — which will be either five one-hour episodes or 10 half-hour episodes — says the family shines on the series.

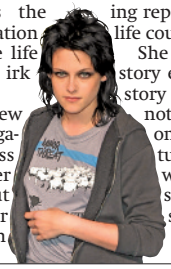
"We have 23 cast members with the last name Jackson," executive producer Jodi Gomes tells Us Weekly. "They've done a great job opening up about losing a brother."

METRO NEWS SERVICES

Kristen's sick of Rob romance rumour

BUT IT'S A GENUINE RUMOUR! Kristen Stewart is tiring of reports she's dating her Twilight film series co-star Robert Pattinson, insisting she's sick of reading the same story every day, femalefirst.co.uk reports.

The young actors have been forced to deny persistent reports they have taken their on-screen romance off-screen and Stewart admits the constant speculation over her private life is beginning to irk her.



In an interview with Allure magazine, the actress refuses to answer questions about the extent of her relationship with Pattinson for fear of fueling reports they are a real-life couple.

She says, "I read that story every day... It's in a story every day, so let's not put it in another one." The pair will return later this year with New Moon, the second movie in the saga,

METRO NEWS SERVICES

Tracy takes aim at former SNL co-stars for being mean

YOUR CAREER SUCKS, AND MINE DOESN'T Tracy Morgan has some choice words for his former Saturday Night Live co-stars, Cheri Oteri and Chris Kattan.

According to Defamer, the 30 Rock star says his ex-colleagues mistreated him during their SNL years together in his upcoming autobiography, I Am the New Black — and judging by his ad-libs during his audiobook recording, Morgan's not over it.

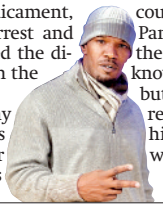
"I could remember those two, especially those two people, treating me like the invisible guy. Now look where they at. Cheri Oteri, she can't even get arrested," he says in the clip. "Where's Chris Kattan now? They never going to host Saturday Night Live."

The Emmy-nominated Morgan, who has hosted SNL, adds that Will Ferrell, Colin Quinn and Molly Shannon treated him "beautifully."

METRO NEWS SERVICES

'Roman Polanski would be missing' if it had been my daughter: Foxx

HOMICIDAL IN HOLLYWOOD Jamie Foxx is less than understanding of Roman Polanski's predicament, given the 1977 arrest and trial that prompted the director's flight from the U.S.



"If it had been my daughter who was barely a teenager — my daughter is 15 — Roman Polanski would be missing. Period. It wouldn't even get to the court case," Foxx tells Parade magazine. "On the other hand, I don't know Roman Polanski, but maybe if I had a relationship with him my answer would be different."

METRO WORLD NEWS

Johnny hopes kids don't want to act

IT'S NOT LIKE THEY NEED A JOB Johnny Depp has had an incredibly successful acting career, but he hopes his kids don't follow in his footsteps. "I honestly hope that Lily-Rose and Jack don't want to become actors — that's my greatest fear," Depp says, according to Hollyscoop. "I always show them my various costumes and they love it. My children seem to take my job for granted." METRO WORLD NEWS

Paris acquires a pot-bellied pig

DOES LOUIS VUITTON MAKE PIG OUTFITS? Paris Hilton is adding a new animal to her menagerie: A pot-bellied pig she's naming Princess Piglet. "Paris is thrilled. She is a major animal lover and is excited for the arrival of her new piglet," her rep tells TMZ. Not thrilled, however, are animal rights activists PETA, who say she treats her pets as disposable.

METRO WORLD NEWS

Ex-senator declares her innocence

THE WHEEL OF CELEB JUSTICE A former Bahamas senator denied trying to blackmail actor John Travolta after the death of his 16-year-old son as she testified in her extortion trial yesterday.

In an unsworn statement, Pleasant Bridgewater told jurors she was set up by the movie star's lawyers and complained she has been ridiculed and ostracized since being charged in January. "I maintain my innocence," said Bridgewater, who was not subject to cross-examination because she did not swear an oath. "I will be the first to say I am no saint. But I am no devil."

Defence lawyers began presenting their side after three weeks of testimony by prosecution witnesses including Travolta, who said ambulance driver Tarino Lightbourne threatened to sell stories to the news media suggesting the movie star was at fault in the death of his son, Jett, unless he paid $25 million US. Bridgewater is accused of negotiating with Travolta's attorneys for Lightbourne. Both defendants have pleaded not guilty to extortion. The alleged scheme involved a document that Travolta signed in the moments after his son suffered a seizure at a family vacation home on Grand Bahama.

THE ASSOCIATED PRESS

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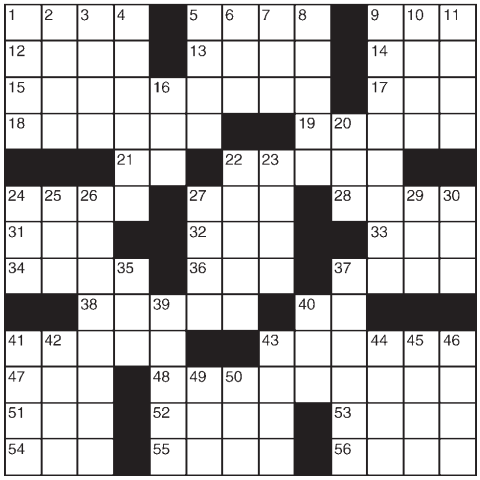
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		1		8				
			9				2	
	8			6		7		
4		3	1		6	5		
	1						4	
		6	5		8	3		2
		8		3			7	
	7				1			
				2		8		9

ACROSS

1 Tackled weeds
5 Miss Scarlet's game
9 Occupation
12 Incite
13 Padlock fastener
14 Kyoto cummerbund
15 Recurring marine events
17 Thither
18 Fall
19 Propelled a scull
21 "— what?"
22 Felix Salten story
24 Bad habit
27 "El —"
28 Old Testament kingdom
31 Commotion
32 Peculiar
33 Actress — Longoria Parker
34 — hall meeting
36 Month (Sp.)
37 Now, on a memo
38 Refuge
40 @
41 Nonsense
43 Will subject
47 Disencumber
48 Wasn't neutral
51 Lemieux milieu
52 Saskatchewan tribe
53 Complain
54 Surprise cries
55 Flock
56 Host

DOWN

1 Suspended
2 Sandwich treat
3 "Zounds!"
4 Oust from a throne
5 Goatee site
6 Young bloke
7 Work with
8 English racetrack site
9 Trips taken in "borrowed" cars
10 Reed instrument
11 Tie
16 Pair
20 Homer's dad
22 Obama's veep
23 Puts in
24 Cistern
25 Altar affirmative
26 Leather materials
27 Arrive
29 Eggs
30 Chart
35 Carpet feature
37 Theseus' land
39 Fodder plant
40 Pompous sort
41 Small combo
42 Opulent
43 Scratched (out)
44 Hebrew month
45 Clause in a contract
46 Get a glimpse of
49 Raw rock
50 "— the ramparts ..."

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	4	6	2	3	7	1	5	8
2	1	7	6	8	5	9	4	3
3	8	5	1	4	9	6	2	7
6	5	1	7	2	3	8	9	4
4	2	9	8	1	6	3	7	5
8	7	3	9	5	4	2	6	1
1	6	4	5	9	8	7	3	2
7	3	2	4	6	1	5	8	9
5	9	8	3	7	2	4	1	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Homemade Whole Wheat and Beer Pizza

Submitted by Eilean McKenzie, Winnipeg

INGREDIENTS:

Crust:
2 cups white all-purpose flour
1/2 cup whole wheat flour
1 tbsp dried rosemary
2 tsp garlic salt
1/2 tbsp chili flakes
1 tbsp yest
1 tsp sugar
1 cup of beer at room temperature
1/2 cup of olive oil
1/4 cup water (if necessary)

Topping:
1 cup barbecue sauce
1 cup cubed cooked chicken breast
1 cup low fat shredded cheese (marble or mozzarella)
Fresh vegetables

METHOD:
1.Put all dry ingredients in a large mixing bowl. Evenly mix them.
2. Add olive oil and beer. Keep mixing till you form a ball of dough. If it's a little dry, add more beer or warm water. If it's a little sticky, sprinkle on flour. When you remove the dough from the bowl, it should be sticky but not leave anything on your fingers or in the bowl.
3. Stretch dough onto greased cookie sheet or pizza stone.
4. Top with barbecue sauce and other ingredients.
5. Cook for 30-45 minutes at 400°F until crust is golden brown and cheese is bubbling.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES

20 minute SUPPER CLUB

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will go out of your way to make life easy for loved ones and colleagues. What you do for them now they will do for you later

TAURUS ♉
APRIL 21-MAY 21
Try not to get too close to something you are working on, because if you do you may lose your sense of perspective.

GEMINI ♊
MAY 22-JUNE 21
It is time to put your own interests first and start work on something you have been planning for quite some time.

CANCER ♋
JUNE 22-JULY 22
With love planet Venus at odds with Pluto today you must expect others to demand their independence, and if you're wise you will give it to them.

LEO ♌
JULY 23-AUG 23
You will get a lot more out of social activities than just sitting at home watching TV, so get your act together and get out into the world.

VIRGO ♍
AUG 24-SEPT 22
Any barriers you encounter today are most likely to come from your work rivals. But that's OK because you like a challenge.

LIBRA ♎
SEPT 23-OCT 23
Success is yours if you want it but with your ruler Venus at odds with Pluto today you could be a bit too reckless for your own good.

SCORPIO ♏
OCT 24-NOV 22
If you want to begin it on the right note there are things you need to get sorted, especially your tendency to dwell in the past. Move on.

SAGITTARIUS ♐
NOV 23-DEC 21
You must get the balance right when it comes to furthering your ambitions. By all means aim to get ahead but try not to appear too pushy or selfish.

CAPRICORN ♑
DEC 22-JAN 20
Do you guard your independence and put your own interests first? Or do you trade freedom for security? Only you can decide, but decide you must.

AQUARIUS ♒
JAN 21-FEB 18
The Sun and Venus in Libra boost your confidence and make it easier to be adventurous. If you get the chance to travel today take it.

PISCES ♓
FEB 19-MARCH 20
You're in one of your impulsive moods at the moment and inevitably you will get yourself into some risky situations.

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